Life-changing moments always have this way about them. They cause you to pause and reflect. First, you look back to how things were, then you look forward to how you hope things will be.

It is with bittersweet feelings I am hanging up my hat as the Director of Adult Fitness. I will be joining my soon-to-be husband in Indiana, as he pursues his PhD at IU. Although we are excited for this new adventure, I cannot help to pause and reflect on all you have brought to my life this past year. From early-morning energy, to noon-time hugs and support, to evening stories and laughter, each one of you has taught me how to be a better person, a better leader, and a more motivated exerciser. I am truly indebted to you, as there is no way I can thank you for all you have done. I pray blessings and health for each one of you, and I look forward to seeing what this new chapter, under Kimberly Burke’s leadership, brings to the Adult Fitness Program. A million thank-yous to you. ~Brittni
Available Now!

We offer 2 additional Adult Fitness times!
These are Tuesdays & Thursdays, 11:45 AM-1:15 PM. We utilize the weight/cardio room, gym, and student trainers. Come join us!

For the summer only these sessions will be held in the Field House!

“The only workout you’ll regret is the one that you didn’t do!”
- Unknown

Reminder:

Adult Fitness will be closed Friday, July 4th and Saturday, July 5th in honor of the Independence holiday. Saturday Zumba is cancelled for July 5th. Friday morning Yoga has been moved from July 4th to Wednesday, July 2nd at 7:15-8:00 a.m.

Red, White and Blueberry Cheesecake Cupcakes

Skinnytaste.com
Servings: 12 • Serving Size: 1 cupcake • Calories: 98 • Fat: 4.3 g • Protein: 3.6 g • Carb: 10.5 g • Fiber: 0.3 g • Sugar: 7.6 g • Sodium: 29.5 mg

Ingredients:

- 12 reduced fat vanilla wafers
- 8 oz 1/3 less fat cream cheese, softened
- 1/4 cup sugar
- 1 tsp vanilla
- 6 oz fat-free vanilla Greek yogurt (I used Chobani)
- 2 large egg whites
- 1 tbsp all purpose flour
- 8 oz strawberries, hulled and sliced thin
- 8 oz blueberries

Directions: Heat oven to 350°.
Line cupcake tin with liners. Place a vanilla wafer at the bottom of each liner. Gently beat cream cheese, sugar and vanilla until smooth using an electric mixer. Gradually beat in fat free yogurt, egg whites, and flour. Do not over beat. Pour into cupcake liners filling half way.

Bake 20-25 minutes or until center is almost set. Cool to room temperature then chill at least 1 hour in the refrigerator.

4th of July Parade & Fireworks!

Parade: Thursday July 4th @ 9:30am — On Mountain Avenue (beginning at Jackson Avenue and ending at Howes Street)

Entry Fee: Free!

Fireworks: Thursday July 4th @ 9:35pm — Firework show to begin at City park.

- Live music will begin at 4:15pm on the south side of City Park.